



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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How to Buy Toys That Are Safe For My Child?

Children can have a lot of fun playing with their toys. However, it's important to keep in mind that safety should always come first. Each year thousands of children are injured by toys.

Here are 10 tips to help you choose safe and appropriate toys for your child.

Read the label. Warning labels give important information about how to use a toy and what ages the toy is safe for. Be sure to show your child how to use the toy the right way.

Think LARGE. Make sure all toys and parts are larger than your child's mouth to prevent choking.

Avoid toys that shoot objects into the air. They can cause serious eye injuries or choking.

Avoid toys that are loud to prevent damage to your child's hearing.

Look for stuffed toys that are well made. Make sure all the parts are on tight and seams and edges are secure. It should also be machine washable. Take off any loose ribbons or strings to avoid strangulation. Avoid toys that have small bean-like pellets or stuffing that can cause choking or suffocation if swallowed.

Buy plastic toys that are sturdy. Toys made from thin plastic may break easily.

Avoid toys with toxic materials that could cause poisoning. Make sure the label says "nontoxic."

Avoid hobby kits and chemistry sets for any child younger than 12 years. They can cause fires or explosions and may contain dangerous chemicals. Make sure your older child knows how to safely handle these kinds of toys.

Electric toys should be "UL Approved." Check the label to be sure.

Be careful when buying crib toys. Strings or wires should not hang into a crib. Crib toys should be removed as soon as your child can push up on his hands and knees.



Gift Ideas By Age

Age recommendations on toys can be helpful because they offer guidelines on the following:

- The safety of the toy (for example, if there are any possible choking hazards)
- The ability of a child to play with the toy
- The ability of a child to understand how to use a toy
- The needs and interests at various levels of a child's development

Important information about recalled toys

One of the goals of the Consumer Product Safety Commission (CPSC) is to protect consumers and families from dangerous toys. It sets up rules and guidelines to ensure products are safe and issues recalls of products if a problem is found. Toys are recalled for various reasons including unsafe lead levels, choking or fire hazards, or other problems that make them dangerous. Toys that are recalled should be removed right away. If you think your child has been exposed to a toy containing lead, ask your child's doctor about testing for elevated blood lead levels.

Source: healthychildren.org



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhfs.wisconsin.gov for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Food Storage Tips

Proper food storage is key in making sure that your food doesn't go to waste.

Pantry/Cupboard Storage

- Cupboards should be clean, cool and dry and kept between 50°F to 70°F.
- Label and date packages of food.
- Store foods in plastic, glass or metal containers that can be tightly sealed.
- Use *first in, first out* when rotating food.

Refrigerator Storage

- Refrigerators should be set at 35°F to 38°F so that foods stay at or below 40°F.
- Cover foods with air-tight wraps or put them in air-tight containers.
- Store raw foods, like meats, separately and do not allow meat juices to drip onto other foods.

Freezer Storage

- Freezers should be set to keep foods at 0°F or below.
- Package foods to be frozen in plastic freezer containers or bags or use heavy duty aluminum foil to avoid freezer burn.

Source: *Food Storage for Safety and Quality - Adapted from University of Georgia*

For more information on healthy eating go to <http://fyi.uwex.edu/foodsense/> or contact the UW-Extension's Nutrition Education Program at 723-2125.



Immunization Clinics

(Immunizations given at WIC & Health Check Clinics—see below)

Dec 9th—Platteville United Methodist Church from 5:00pm to 6:00pm

Dec 10th—Fennimore St. Peters Lutheran Church from 5:00pm to 5:30pm

Dec 11th—Cuba City—City Hall from 5:00pm to 5:30pm

Dec 11th—Dickeyville Fire Station from 6:00pm to 6:30pm

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Dec 5th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Dec 10th—Boscobel United Methodist Church from 9:00am to 3:30pm

Dec 11th—Fennimore United Methodist Church from 9:00am to 3:30pm

Dec 17th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Dec 18th—Late Lancaster Youth & Ag Bldg from 12:00pm to 7:00pm

Dec 19th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

The Health Dept will be closed November 28, December 24, and December 25 for the holidays!

Dermatologists' Top Tips for Relieving Dry Skin

- In the bath or shower:
 - Limit your shower or bath to 5 or 10 minutes
 - Use warm rather than hot water
 - Wash with a gentle, fragrance-free cleanser
 - Blot your skin gently dry with a towel
 - Apply moisturizer immediately after drying your skin
- For very dry skin, use an ointment or cream rather than a lotion.
- Wear lip balm
- Use only gentle, unscented skin care products and laundry detergent
- Wear gloves when you go outdoors this winter or when hand washing dishes or cleaning
- Do not sit in front of a fireplace or other heat source.
- Use a humidifier to add moisture to the air

Your skin should start to feel better quickly. If these changes do not bring relief, you may want to see a dermatologist. Very dry skin can require a prescription ointment or cream.

Source: American Academy of Dermatology

The dangers of winter coats and car seats

As a general rule, winter coats should not be worn underneath the harness of a car seat. A bulky coat under a child seat harness can result in the harness being too loose to be effective in a crash. To check if your child's coat is too big to wear under their harness:

- ≈ Put the coat on your child, sit them in the child seat and fasten the harness. Tighten the harness until you can no longer pinch any of the harness webbing with your thumb and forefinger.
- ≈ Without loosening the harness, remove your child from the child seat,
- ≈ Take the coat off, and put your child back in the child seat and buckle the harness straps, do not adjust the straps.
- ≈ If you can now pinch the webbing between your thumb and forefinger, then the coat is too bulky to be worn under the harness.
- ≈ If you find that the coat can not be safely worn under the harness, to keep your child safe and warm in his/her child seat:
- ≈ After securing your child in his/her child seat, turn the coat around and put it on backward with their arms through the arm holes and the back of the coat acting like a blanket
- ≈ Lay a blanket over your child to keep him/her warm.

Source: Consumer Reports

When You're Ready to Quit, We're Ready to Help

The Wisconsin Tobacco Quit Line offers free, confidential, non-judgmental coaching and information about how to quit tobacco. Research shows smokers who use the Quit Line are **four times** more likely to quit than if they try to quit on their own.

The Quit Line's FREE Services Include:

Telephone coaching for Wisconsin tobacco users who want to quit.

Callers will receive personalized advice on how to quit, information on medications, and assistance with choosing a quit date and creating a quit plan.

Two weeks of free medication (nicotine patch, nicotine gum or nicotine lozenge) and self-help materials.

A secure Web site where tobacco users can interact with others trying to quit, get support, develop personalized quit plans and track results.

Call 1-800-QUIT-NOW (1-800-784-8669). Visit www.WiQuitLine.org and click on "Click to Call" in the upper-right corner. Enter your phone number and hit "send." A Quit Line coach will call you within minutes.



Be Your Best Behind the Wheel

In 2011, 3,331 people were killed in crashes involving a distracted driver. An additional, 387,000 people were injured in motor vehicle crashes involving a distracted driver. To reduce your risk of being in an accident:

Minimize distractions. Do not do any activity that makes you take your eyes or mind off of the road or your hands off the wheel. Because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction.

Be alert and clear-headed. Be well-rested prior to getting behind the wheel. Also avoid alcohol and medications (prescription or over the counter) that might make you sleepy.

Check your mirrors often.

Put enough space in between you and the car ahead of you. On clear, dry roads, your following distance should be 3-4 seconds — double or triple if roads are wet or slippery.

Look ahead. Look down the road ahead of you for possible problems.

Watch your speed. The faster you are driving, the less time you have to react. Always observe the speed limit and slow down to accommodate traffic, road, and other conditions.

Take time to recharge. If driving a long distance, take a break every two hours or 100 miles, even if you don't feel you need one.



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